



Carlisle Connection

Carlisle Council On Aging Serving Carlisle's 60+ Community

66 Westford Street, Carlisle, MA 01741

November 2013



COA Official Town website:

<http://www.carlislema.gov>

Friends of COA:

<http://www.carlisle.org/foccoa>

From the Director - Greetings and happy November! I want to thank everyone that provided feedback to the COA regarding our events and programs. Please keep the ideas coming. Along those same lines, the Council on Aging would like to know what *Transportation Needs* remain unmet in Carlisle, especially among the adult disabled population or for other adults who are unable to drive. It will be difficult to quantify the need, if those that could use help do not speak up. So, if you, your family, friends or neighbors know of anyone that you think could use assistance with Transportation, please contact the COA.

Best Wishes, David

Remembering President Kennedy as we approach the 50th anniversary of his passing, while also remembering and honoring our Veterans, past and present.

- November's sky is chill and drear, November's leaf is red and sear. *Sir Walter Scott*



COA Luncheon

Thursday, November 21, 11:45 am

Please join us at FRS and enjoy the company of your senior friends and neighbors. This delicious lunch is run by our wonderful team of COA Volunteers headed by Verna Gilbert. Menu: Enjoy a turkey dinner with all of the fixings! Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon on Thursday, November 14. Shuttle available, see page 3.



For your entertainment: Stay with us after lunch on Nov 21 for a special performance by members of the Carlisle Middle School Choir. The group is directed by Tara Callahan, our Carlisle School music teacher. Come enjoy the wonderful sounds of some of our talented Carlisle Public School Students.



"Fall Back" **Time Change Nov 2!**



It's that time again to adjust your clocks for Day Light Savings. Remember to set your clocks **back** one hour on Saturday, Nov 2. At the same time you should change your batteries in your smoke and CO2 detectors. If you can't do this yourself and don't have a family member to help, call the COA at (978) 371-2895.

Concord Carlisle High School **Thanksgiving Dinner For Seniors** **Saturday, Nov 23 at noon**



Come enjoy a FREE lunch sponsored by the Junior Class of CCHS. You must sign up by calling the COA at 978-371-2895 NO Later than noon on Thursday, November 14. Please arrive early so dinner can be served at noon. One van is available for transportation with a maximum of 13 people, first come first serve. When you register, please let us know if you need a ride. Van leaves Town Hall at 11:00am.

Don't Forget!

Medicare open enrollment ends on Dec 7

CARLISLE COA **OFFICE HOURS**

Monday 9am - 5pm
Tues - Thu 9am - 3pm
Friday 9am - 1pm

(978) 371-2895 Office
(978) 371-6690 Van line
(978) 371-6693 Director

COA Staff

Director David Klein
coadirector@carlisle.mec.edu
Outreach Coordinator Angela Smith
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coaride@carlisle.mec.edu
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NOVEMBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
	NOTE: inside walking-M-F 6:45-7:30am Carlisle Public school.				1 Grocery Shopping -VC 9am SAMA- 10:45am	2 Fall Back
3	4 Yoga – 9:30am Book Club- 10:15am Hollis Rm Library Restaurant Review- Fishbones, VC11:10am, CC11:15am	5 ELECTION DAY! Podiatry Clinic-9am Sleeper Room Poetry Group-10:00am Zumba-10:45am St Irene Carlisle Community Conversations, Avoiding the Banana Peel 1:30pm Hollis Rm Library Ballroom dance 2:00pm St Irene Tai Chi-3:00pm St Irene	6 Chelmsford Crossing lunch FRS 12 noon, followed by Music BP 11:30am Stoneham theater Jekyll & Hyde VC10:45am, CC11:00am American Musical Theater-1:30pm Hollis Rm Gleason Library	7 Coffee & BP 9am Sleeper Room Outside walking group-9:30am Central Park Fitness - 9:45am Cardio - 10:45am Intergenerational Tap 1:00pm FRS	8 Grocery Shopping -VC 9am SAMA - 10:45am	9
10	11 COA CLOSED VETERANS DAY	12 Zumba-10:45am St Irene Nashoba Tech lunch-11:45am Ballroom dance 2:00pm St Irene Tai Chi-3:00pm St Irene	13 Newport Playhouse A Perfect Wedding VC8:45am, CC9:00am Caregiver support-3-5pm Hollis Rm Gleason Library	14 Men's Breakfast & BP 8:00am Sleeper rm Outside walking-9:30am Center Park Fitness - 9:45am Cardio - 10:45am Intergenerational Tap 1:00pm FRS	15 Grocery Shopping -VC 9am SAMA - 10:45am	16
17	18 Yoga – 9:30am	19 Merrimack Outlets VC 9:00am, CC 9:15am Zumba-10:45am St Irene Carlisle Community Conversation, Anatomy of a Scam and Fraud Prevention 1:30pm Hollis Rm Ballroom Dance 2:00pm St Irene Tai Chi-3:00pm St Irene	20 Lunch on the Farm 11:25am, CC 11:00am	21 Outside walking-9:30am Center Park Fitness - 9:45am Cardio 10:45am COA Lunch-11:45am FRS followed by Carlisle Chorus, BP 11-11:45am KISS knit-7:30pm	22 Grocery Shopping -VC 9am SAMA- 10:45am	23 HS LUNCH 12 noon
24	25 Yoga 9:30am Sr. Moments 9:30 & BP 10:00 at Ferns	26 Zumba-10:45am St Irene Ballroom dance 2:00pm St Irene Tai Chi-3:00pm St Irene	27	28 COA CLOSED HAPPY HANKSGIVING!	29 COA CLOSED	30





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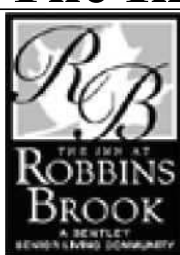
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TRANSPORTATION / TRIPS



Do you have errands, medical appointments or shopping needs?

The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation. **Van Line Reservations: (978) 371-6690 or email coaride@carlisle.mec.edu**
DONATIONS/FEES*: Within Carlisle rides or Friday shopping trips-no charge; within 15 mile rides, suggested donation \$2, Van Trips over 15 miles away \$5. *Parking fees are the responsibility of the rider.



Winter Weather/Snow Van & Class Policy

If Carlisle schools are cancelled all classes and programs will be cancelled. The COA van will not run until at least 10am. If Carlisle Schools are delayed: All classes beginning before 10am will be cancelled. Call the COA for classes beginning 10am or later to see if they will be held or if you are unsure about a scheduled ride.

Merrimack Outlets in NH Tuesday, November 19

Tuesday is "Senior Day" & No tax! Lunch on your own. Deadline for registration Nov. 11. Call Joanne Willens to register (978) 371-8023. \$5 van fee. Leave VC at 9:00am & CC at 9:15am.

Below is the listing of all the wonderful plays the COA is planning to attend. If you would like to join us please call Joanne Willens at (978) 371-8023 to register.
 Make checks payable to Carlisle COA.

Stoneham Theater "Jekyll & Hyde" Wednesday, November 6

Ticket price \$15.00. \$2 van fee. Leave VC at 10:45am, CC 11:00am return around 4pm.

Newport Playhouse – Lunch & Play "A Perfect Wedding" Wednesday, November 13

Ticket price \$46.00. \$5 van fee. Leave VC at 8:45am & CC at 9:00am return around 4 pm.

Newport Playhouse – Lunch & Play "Angel On My Shoulder" Wednesday, December 11

Ticket price \$46.00. \$5 van fee. Leave VC at 8:45am & CC at 9:00am return around 4 pm.

Stoneham Theater "Something's Afoot" Wednesday, March 12, 2014

Ticket price \$30.00. Lunch on your own at Felicias. Leave VC at 10:45am, CC 11:00am return around 4pm.

Local grocery /Shopping trips Join us every Friday morning at 9:00am for the **Free Weekly Grocery Shopping Trip** to the Market Basket in Westford. Call the van line to make reservations (978) 371-6690. Van leaves VC at 9:00am.



Van Pick-up for the FRS monthly lunches– Village Court pickup at 11:15 and Congregational Church at 11:30. Please call the van line to confirm attendance.

Medical appointments Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency.



Restaurant Reviews

Fishbones in Chelmsford, Monday, November 4

Fishbones is a wonderful seafood restaurant that is sure to please everyone. Plan to join us for good food and great company! Call Joanne Willens at (978) 371-8023 to register. \$2 van fee. Leave VC at 11:10am, CC at 11:15am, return around 2pm.

Mangia Mangia in Billerica, Monday, December 16

We will be returning to Mangia Mangia to enjoy another wonderful Italian lunch. Call Joanne Willens at (978) 371-8023 to register. \$2 van fee. Leave VC at 11:10am, CC at 11:15am, return around 2pm.

Lunch at the Farm Wednesday, November 20 at 11:30am

Lunch at the Northeast Correctional Center in West Concord! For \$3.21 (correct change if possible) you will receive soup, your choice of a garden or Caesar salad along with your choice of the entrée or sandwiches of the day. Dessert and beverage included. Please call the COA at (978) 371-2895 to register by Thursday, November 14 at noon and let us know if you need a ride! **Note: No cell phones or electronic devices allowed in the building. Please bring your drivers License!** Come enjoy a delicious meal and the company of your friends and neighbors. The first 13 people can ride in the van and others feel free to car pool and meet us there! Meet at the Congregational Church at 11am or at the Farm at 11:25.



FOR YOUR HEALTH!



EXERCISE CLASSES - Mind & Body

NOTE: To sign up for the following programs, please call the COA office at (978) 371-2895. Stop in and try a class/day for free (except yoga)! New members are always welcome. Make check payable to Carlisle COA unless otherwise noted.

Mondays (St. Irene) Nov 4, 18, 25

Yoga - from 9:30 - 10:30am Fee: \$105 for 7 wks. (\$35 for Carlisle seniors). Call (978) 369-9815. *Checks payable to Carlisle Recreation Dept.*

Tuesday November 5, 12, 19, 26 at St Irene

Zumba-10:45—11:30am Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Sept-Nov)

Ballroom Dancing - 2pm Wear leather-soled shoes. Old and new attendees welcome. **FREE** due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Register at (978) 371-2895.

Tai Chi- 3:00pm No registration, just show up! A local senior is leading an informal group of **any age** in Tai Chi. Wear loose fitting clothing and soft soled shoes. Come enjoy this **FREE** program! Stop by on Nov 5 and exercise on your own while Jim is on hiatus.

Thursdays November 7, 14, 21

Fitness Class - 9:45am Clark Room at Town Hall Great for all ability levels, may be done in a chair. Wear comfortable clothes, **Fee: \$40** (Sept-Nov)

Cardio-Boost Class - 10:45am Congregational Church. A heart-healthy, aerobic-type workout. Bring hand weights and wear comfortable clothes, bring hand weights. **Fee: \$40**

Intergenerational Tap-1:00-2:00pm no class 11/21 FRS Union Hall. Everyone 12 & older. **Fee: \$25.00**(Oct-Nov)
Outside Walking, Central Park-9:30-11:30am. Enjoy a moderate pace walk on Carlisle Trails (weather permitting). No signup needed! Info: call Jane Anderson (978) 369-9672.

Fridays November 1, 8, 15, 22

SAMA-10:45am Clark Room at Town Hall. (Senior Approach to Martial Arts) martial arts moves to help keep joints and minds flexible while increasing balance. 50+ welcome. **Fee: \$100/10wks.**

Monday-Friday

Inside Walking at Carlisle Public School Gym 6:45-7:30am. Enjoy walking around the school gym. Gym is not available when there is no school or any ice or new snow.

Free Blood Pressure Clinics

Wednesday, November 6, 11:30am, FRS, Chelmsford Crossing Lunch, sponsored by Chelmsford Crossing.

Thursday, November 7, 9am Sleeper Room, COA Coffee, sponsored by Life Care Center of Nashoba Valley

Thursday, November 14, 8am, Sleeper Room, Mens Breakfast, sponsored by Home Instead.

Thursday, November 21, 11:00am, COA monthly lunch, FRS, sponsored by FCOA and Emerson Home Care.

Monday, November 25, 10:00am, Ferns, Senior Moments, sponsored by Right at Home.

Podiatry Clinic



Tuesday, November 5, 9am

Sleeper Room at Village Court.

Call the COA (978) 371-2895 to make an appointment.

Cost: \$20 (partially funded by Friends of the Carlisle COA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."



Caregiver Support Group

Hollis Room Gleason Public Library

Wednesday, November 13, 3-5pm;

Monday, December 9, 3-5pm

Anne Marie Rowse, BS, LNHA, CMC prin. of Senior Care Advisors, LLC, is a certified geriatric care manager with over 25 years of experience in the field of health care. Anne Marie volunteered to facilitate a **free** Caregiver Support Group for those caring for aging loved ones experiencing challenges, including chronic diseases, stroke, heart and pulmonary disease, Alzheimer's dementia or related conditions, as well as current information for family members or elders themselves looking for health care information. She will provide information with life's transitions: requiring more support, understanding the medical maze, living with Alzheimer's and options. Info email amarowse@charter.net.

Community Conversations at Gleason Public Library Hollis Room 1:30-2:30pm



Avoiding the Banana Peel: A Conversation about Fall Prevention **Tuesday, November 5**

Joanne McCole RN, BSN & Pam Cole OTR of Life Care Center of Nashoba Valley

This hour-long interactive presentation explores the effects of falls on older adults, risk factors for falls, and practical solutions to decrease the risks of having a fall. The program includes a lecture, a demonstration of adaptive equipment and key exercises for fall prevention and, a demonstration of how to get up if you have fallen. There will be time for questions from the audience.



The Anatomy of a Scam, and Fraud Prevention **Tuesday, November 19**

Pamela Connolly, CSR at Home Instead Senior Care and a Representative of the Carlisle Police Department Rising incidents of scams targeting older adults present an enormous threat to seniors' security, both financially and emotionally. HOME INSTEAD Senior Care has teamed together with area police departments to share their insights and research on the "anatomy of a scam", and provide a Senior Fraud Protection Kit. The presentation informs of the latest scams being perpetrated on older adults and offering a variety of resources and tools to help avoid becoming a victim of these scams.



Would you like the Fire or Police Dept. to check in when there is a weather emergency?

If you live alone or have compromised health, and would like a wellness check or a call in the event of a weather-related emergency or disaster, call the COA at (978) 371-2895 to pick up or have a "Special Needs" form mailed to you. Mail the completed form with signature to the Carlisle Fire Department, Box 575, Carlisle, MA 01741-0575 or drop it off at the Fire Dept. mailbox at Town Hall. All information is kept in strictest confidence and not shared with outside agencies.

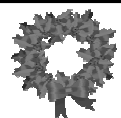
Also, if you would like an RUOK (Are you OK) call (automated call at the time/day(s) of the week of your choice to ensure you are ok; we never know when we can fall) or a File of Life (document to list your medicines and emergency contacts), call the COA for more information.

COA Respite Care Announcement

The COA is seeking Carlisle caregivers who might need a break.

There's no substitute for you, but in order to be at your best you should probably take some time for yourself once in a while.

Through a new COA Respite Care pilot program, we are looking to support a few local caregivers who may not be able to afford to leave their loved ones in the care of a professional. The COA, through a grant, will pay for respite care on a limited basis over several weeks this fall. If you or another Carlisle resident would be interested in participating please contact the COA office at (978) 371-2895 or email directly to: coadirector@carlisle.mec.edu.



Annual Wreath Making **Monday, December 9 at 1:30pm**

The Carlisle Garden club, the Council on Aging and Friends of the COA will host a holiday wreath making seminar from 11:00am to 12:00 noon at FRS Union Hall. Come enjoy the company of the Garden Club volunteers, neighbors and friends. Light refreshments will be served. Please call the COA office to register no later than Monday, November 25 so that we can let the Garden Club know how many wreaths will be needed. This particular event is for Carlisle residents only please.



November Chuckle **Brand New Hearing Aid**

An elderly gentleman who had had a hearing problem for a number of years went to the doctor to be fitted for a hearing aid that would return his hearing to 100%.

The elderly gentleman went back for further tests a month later and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

To which the gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

FOOD COURT & Miscellaneous Activities



Monthly Coffee

Thursday, November 7 at 9:00am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Coffee is hosted by Karen & Tom Dunkers and Lillian & Angelo DeBenedictis.

"SENIOR MOMENTS" at Ferns

November 25
from 9:30-11am



A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% discount to attendees for coffee. First come, first serve!

Men's Breakfast - Thursday, November 14 at 8am

Held at the sleeper Room at Village Court each month. Enjoy this generous, hearty breakfast prepared by volunteer chef Andy Cutter and helpers. **Suggest donations: \$3.**



Chelmsford Crossing/Minuteman **Senior Lunch** **Wednesday, November 6 at 12noon**

Come to FRS for a delicious lunch (cooked by Chelmsford Crossing and supported by Minuteman Senior Services.) Turkey pot pie, cranberry sauce, tossed salad, and dessert. Register at (978) 371-2895 by noon, Thursday, October 31. **Suggested donation:\$3.**

Following the lunch: Marguerite Shaw, FRS Music Director, and Margaret Darling, well-known Carlisle pianist and piano teacher, will lead us in a sing-a-long of some of your old time favorite songs. Marguerite will also provide a hands-on demonstration of chimes ringing. Shuttle available, see page 3.

Nashoba Valley Tech HS Lunch, **Tuesday, November 12 11:45am**

Call the COA by Thursday, November 7 at noon to make your choice from the following meals created by the culinary arts students at Minuteman:

- Chicken Parmesan: Tender chicken breaded in seasoned bread crumbs, gently sautéed and placed on top of fresh linguini with marinara sauce.
- Seafood Casserole: A delicious combination of haddock, scallops, shrimp and crabmeat baked with Nashoba Tech's famous crumb stuffing.
- Vegetarian meal will be based on seasonal vegetables along with starch, chef's choice.

Cost: \$10 plus tip, payable at school.



Carlisle Community **Book Club**

Monday, November 4, 10:15am
Gleason Public Library
Hollis Room

Abide with Me by Elizabeth Strout.
For information contact Mary Zoll,
(978) 369-5236.

Chelmsford Crossing/Minuteman Sr Lunch **Wednesday, December 4 at 12noon**

Come to the Congregational Church for a delicious lunch (cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Bacon wrapped meatloaf, brown gravy, red bliss mashed potatoes, peas'n carrots, roll & dessert. Register at (978) 371-2895 by noon on Wednesday, November 27 at noon. **Following the lunch:** Two Old Friends, Jim Prendergast and Emery Hutchins performance represents the American experience in a real and vibrant way. There are American blues pieces juxtaposed with Irish jigs and reels. There are "shout tunes" and plaintive ballads. Come and enjoy an afternoon with "Two Old Friends!"

****NOTE:** COA Lunches, Monthly Coffees, Mens and Womens Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you. Please call the COA at (978) 371-2895 to register as noted.

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This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.

Thank You Community Chest!

The Carlisle Council on Aging would like to thank the Concord Carlisle Community Chest for their support of COA programs and all of the assistance that they have provided to the Carlisle community over the years. Best of luck to retiring Exec Director Astrid Williams!

Emergency Kit Checklist

Disaster Preparedness: The likelihood that you will recover from an emergency tomorrow often depends on the planning and preparations done today. This list may help you get through the first 3 days, after a disaster. It is a starting point, as individual needs vary depending upon circumstances. For additional information, visit: **www.ready.gov** or **www.mass.gov/mema/ready**.

- * Three days of nonperishable/non-cook food and water (1 gal. per day per person), medication
- * Flashlight, battery operated radio, extra batteries
- * First aid kit, cash, cell phone and charger
- * ID cards, information: (Dr., meds, allergies), family/friends contacts, toothbrush/toothpaste, blanket and washcloth
- * Clothes and baby or pet supplies if you need them.

American Musical Theater with Richard Travers



**The Pulitzer Prize Winning Musicals
Wednesday, November 6, 1:30 pm. Gleason
Library Hollis Room**

Composers, songs and performers of the 8 musicals that have won the Pulitzer Prize will be presented and discussed. Music Director Richard Travers earned a masters degree in Choral Conducting from the Boston Conservatory as a student of Allen Lannom and a degree in Music Education from Berklee College of Music. Travers is the director of four choirs at Newton North High School, and has served as the Assistant Music Director of the Masterworks Chorale, Choral Director of Fitchburg State College, and Director of the New England Conservatory Youth Chorale. He has been the Music Director of the Newton Community Chorus from 1998 to the present. Travers recently completed his tenure as Music Director of the Rosie's Place Jazz Choir working closely with Kip Tiernan, founder of Rosie's Place. **Please call (978) 369-4898 to reserve your spot for these free lectures**, offered in partnership with Sage Educational Services, and sponsored by the Friends of the Carlisle Council on Aging's Rose Pullara Fund, and the Friends of Gleason Public Library.